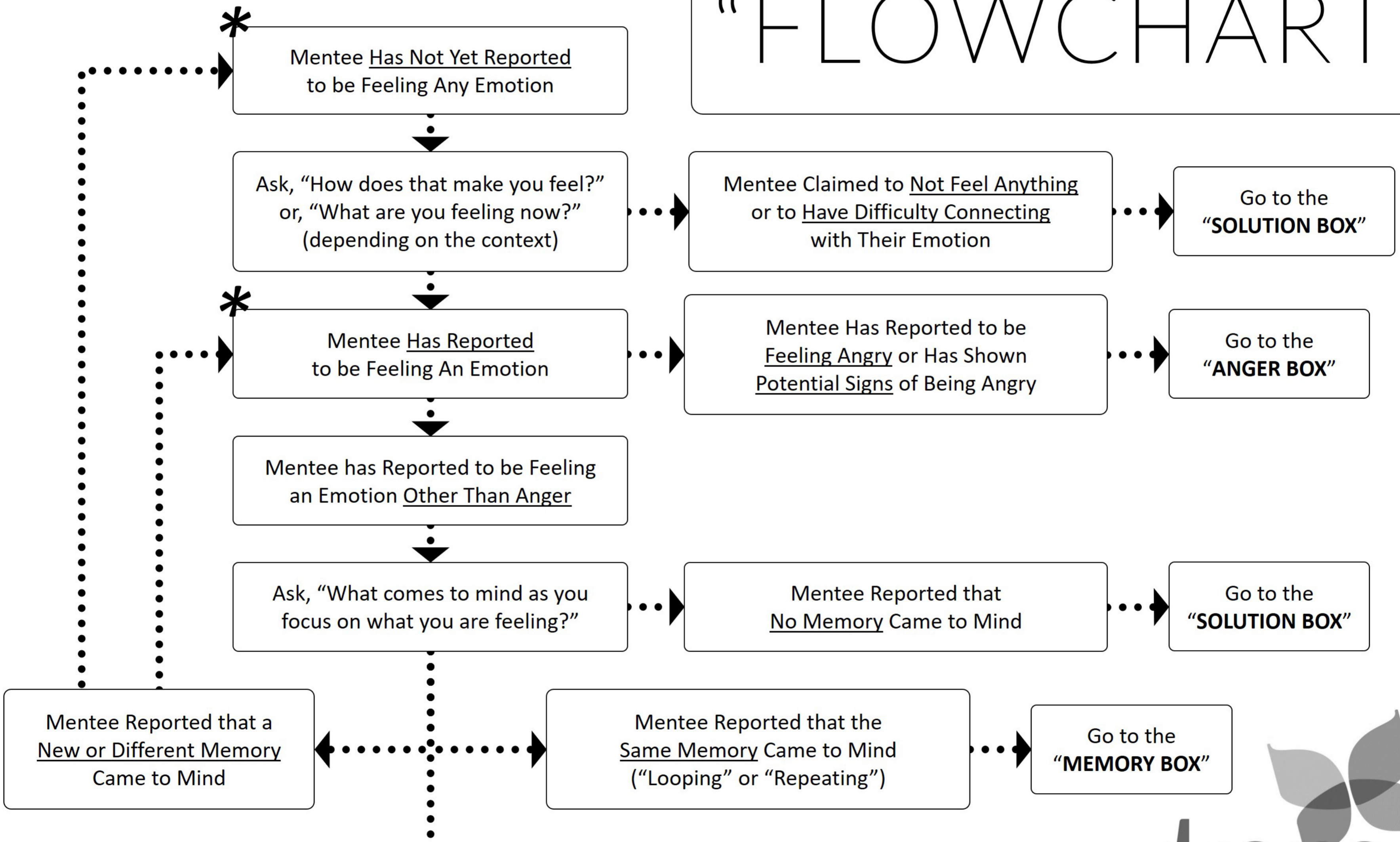


**Summarized Instructions:**

Beginning on the left side of the flowchart (typically, in one of the boxes marked with an asterisk), use the Mentee’s most recent response to determine what to do next in a TPM session. Detailed instruction on what to do while in the **EMOTION Box** can be found in the book titled, “The Process of TPM.”

# THE EMOTION BOX “FLOWCHART”



**SHORT TERM CONCESSION:** *If the Mentee seems to be struggling with the purpose of this question, and there is no opportunity to offer proper orientation, you might ask, “Does a memory come to mind as you focus on what you are feeling?”*